

Variable	Mean	SD	Min	Max
Age	38.5	10.5	25	55
Gender	Male			
Marital status	Married			
Education	High school			
Occupation	Teacher			
Income	1000			
Health status	Good			
Smoking status	Non-smoker			
Alcohol consumption	None			
Stress level	Low			
Sleep quality	Good			
Exercise frequency	Low			
Dietary habits	Unhealthy			
Family size	3			
Work hours	40			
Commuting time	30			
Living environment	Urban			
Access to green spaces	Low			
Noise level	High			
Air quality	Poor			
Proximity to parks	Low			
Public transport availability	Low			
Cost of living	High			
Job satisfaction	Low			
Work-life balance	Low			
Community engagement	Low			
Neighborhood safety	Low			
Local amenities	Low			
Healthcare access	Low			
Education quality	Low			
Job security	Low			
Income stability	Low			
Financial stress	High			
Health insurance coverage	Low			
Access to medical services	Low			
Healthcare costs	High			
Preventive care utilization	Low			
Health literacy	Low			
Health beliefs	Low			
Health behaviors	Unhealthy			
Health outcomes	Poor			
Quality of life	Low			
Life satisfaction	Low			
Overall well-being	Low			

The present invention provides a coated chewing gum product. The product comprises a gum center that includes a water-soluble portion and a water-insoluble portion. The water-insoluble portion comprises at least 50% by weight of the gum center. The gum center includes less than 5% by weight of bulk sweeteners. A coating substantially surrounds the gum center.

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